

### Claims

1. An insole assembly (100, 200) used for increasing the weight of a footwear comprising:

5 a lower insole (110, 210) made of a compressed resin having a high specific gravity; and  
an upper insole (120, 220) laid on the lower insole (110, 210).

10 2. The insole assembly according to claim 1, wherein the lower insole (110, 210) is made of a compression molded resin.

3. The insole assembly according to claim 2, wherein the compression molded resin has a specific gravity of at least 2.

15 4. The insole assembly according to claim 1, wherein the lower insole (210) has, in a top surface (212) thereof, front concave portions (214), a rear concave portion (218) and a plurality of longitudinal grooves (216) for connecting the front  
20 concave portions (214) with the rear concave portion (218).

5. The insole assembly according to claim 1, wherein the lower insole (210) has longitudinal and lateral grooves (224, 226) formed in an underside (222) thereof and concave portions  
25 (228) formed in a central portion of the underside (222) and

connected with the longitudinal grooves (228).

6. The insole assembly according to claim 1, wherein the lower insole (210) has a plurality of through holes (220) for  
5 connecting a top surface (212) with an underside (222).

7. The insole assembly according to claim 1, wherein the upper insole (240) has an anti-slip projection (252a) in a top front portion thereof.

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8. The insole assembly according to claim 1, wherein the upper insole (240) has vent holes (248) perforated vertically in a front portion thereof and projections (250) formed in a bottom front portion thereof.

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9. The insole assembly according to claim 1, wherein the upper insole (240) has a convex portion (252) extended longitudinally in a top central portion to support a metatarsus.

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10. The insole assembly according to claim 1, wherein the upper insole 240 has a hollow concave portion (254) formed in a bottom rear portion thereof.

11. The insole assembly according to claim 1, wherein the  
25 upper insole (140, 240) has a support portion (142, 242) made

of a hard resin for preventing the foot of a wearer from twisting and a contact portion (144) made of a thin cloth and laid on the support portion (142, 242).

5        12. The insole assembly according to claim 1, further comprising a shock-absorbing member (130, 230) attached to a rear end (110b, 210b) of the upper insole (110, 210).

13. A heavy weight footwear comprising:

10        a body (320, 420, 520) for housing a foot;

an outsole (340, 440, 540) connected to the body (320, 420, 520) for supporting the foot, at least a portion of the outsole being made of a compressed resin having a high specific gravity; and

15        an insole laid on the outsole (340, 440, 540) within the body (320, 420, 520).

20        14. The heavy weight footwear according to claim 13, wherein the whole part of the outsole (440, 540) is made of the high specific gravity compressed resin.

25        15. The heavy weight footwear according to claim 13, wherein the high specific gravity compressed resin is inserted into the outsole (440, 540).

16. The heavy weight footwear according to claim 13,  
further comprising a midsole (330, 530) laid between the outsole  
(340, 540) and the body (320, 520), at least a portion of the  
midsole (330, 530) being made of a high specific gravity  
5 compressed resin.

17. The heavy weight footwear according to claim 16,  
wherein the whole part of the midsole (330, 530) is made of the  
high specific gravity compressed resin.

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18. The heavy weight footwear according to claim 16,  
wherein the high specific gravity compressed resin is inserted  
into the midsole (330, 530).

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19. A heavy weight footwear comprising:

a body (320) for housing a foot;

a midsole (330) connected to the body (320) for supporting  
the foot, at least a portion of the outsole being made of a  
compressed resin having a high specific gravity;

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an outsole (340) attached to an underside of the midsole;

and

an insole laid on the midsole within the body.

20. The heavy weight footwear according to claim 19,  
25 wherein the whole part of the midsole is made of the high specific

gravity compressed resin.

21. The heavy weight footwear according to claim 19,  
wherein the high specific gravity compressed resin is inserted  
5 into the midsole (330).